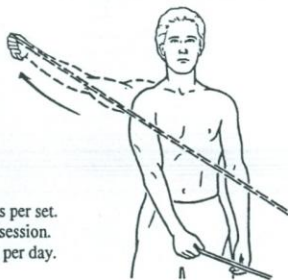


SHOULDER - 42 Strengthening: Resisted Abduction

Hold tubing with right arm across body. Pull up and away from side. Move through pain-free range of motion.

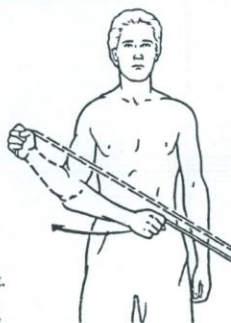
Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.



SHOULDER - 43 Strengthening: Resisted External Rotation

Hold tubing in right hand, elbow at side and forearm across body. Rotate forearm out.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.



SHOULDER - 44 Strengthening: Resisted Internal Rotation

Hold tubing in right hand, elbow at side and forearm out. Rotate forearm in across body.

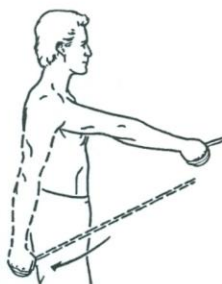
Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.



SHOULDER - 45 Strengthening: Resisted Extension

Hold tubing in right hand, arm forward. Pull arm back, elbow straight.

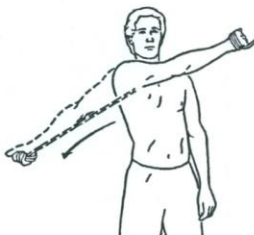
Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.



SHOULDER - 51 Strengthening: Resisted Diagonal Extension

Hold tubing with right arm across body above shoulder, palm down. Gently pull down and away from body, rotating arm to palm up.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.



SHOULDER - 57 Scapular: Protraction - 90° of Flexion



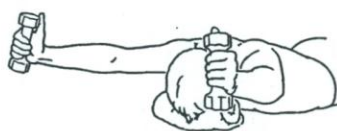
Holding _____ pound weights, attempt to push arms up toward ceiling, keeping elbows straight and back against floor.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

SHOULDER - 58 Scapular: Stabilization (Prone)



Holding _____ pound weights, raise both arms out from sides. Keep elbows straight.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

SHOULDER - 59 Scapular: Flexion (Prone)



Holding _____ pound weights, raise both arms forward. Keep elbows straight.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

SHOULDER - 65 Progressive Resisted: Extension (Prone)

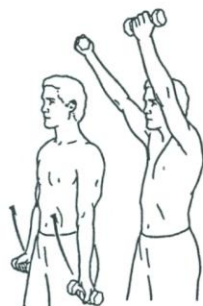


Holding _____ pound weights, arms back, raise arms from floor, keeping elbows straight.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

SHOULDER - 64 Progressive Resisted: Flexion (Standing)

Holding _____ pound weights, raise arms toward ceiling. Keep elbows straight.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.



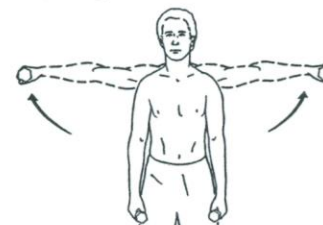
SHOULDER - 75 Strengthening: Scaption - with External Rotation

Holding _____ pound weight, raise right arm diagonally from hip to above head. Keep elbow straight, thumb up.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.



SHOULDER - 67 Progressive Resisted: Abduction (Standing)



Holding _____ pound weights, raise arms out from sides.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.